



# June – 2016

<b>Florence Senior Activities Center</b> <b>Fosters independence and wellbeing of seniors by offering a wide variety of social, recreation and physical activities.</b>  <b>7431 U.S. 42</b> <b>Florence, KY</b>  <b><u>Phone:</u></b> <b>(859) 282-4061</b> <b><u>Fax:</u></b> <b>(859) 282-4065</b> <b><u>E-mail:</u></b> <b>fsacgeneral@gmail.com</b>  <b><u>Hours of Operation</u></b>  <b>Monday Wed- Thurs &amp; Friday</b> <b>8:30 a.m.–3:00p.m.</b> <b>Tuesday – 8:30 – 5:00</b>  <b><u>Center Manager</u></b>  <b><u>Assistant Mgr.</u></b>	Monday	Tuesday	Wednesday	Thursday	Friday
	<b><u>Available Daily</u></b> <ul style="list-style-type: none"> <li>• Cards</li> <li>• Puzzles</li> <li>• Walking Club</li> <li>• Crafts</li> <li>• Computer</li> <li>• Board Game</li> <li>• Exercise Rm</li> </ul>	<b><u>Special Events – June</u></b>  <b>10<sup>th</sup>: Retirement Pot-Luck</b> <b>11<sup>th</sup> – Open House – 9 – 1</b> <b>24<sup>th</sup> – Home Instead Trivia.</b> <b>24<sup>th</sup> &amp; 28 – Toyota Trip</b>	<b>1</b> 9:00 AM – Wii Bowling 9:30 – Tai-Chi 10:30 – Sign Language 11:00 – Zumba Gold 12:30 – Bingo 12:30 – Gentle Yoga	<b>2</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 – Line Dancing 1:00 – Wii Bowling	<b>3.</b> 9:00 – Wii Bowling 9:00 – Mah-Jong 12:30 – Bingo
	<b>6</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00 – Fitness Room Instruction 11:45 – Tai - Chi 12:00 – Euchre 1:00 – Advanced Fitness	<b>7</b> 9:15 – Senior Strength 10:00 – Fitness Room Instr. 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>8</b> 9:30 – Tai-Chi- <b>9:30 – Manicure</b> <b>10:00 - Massage</b> 10:30 – Sign Language 11:00 – Zumba Gold 12:30 – Bingo 12:30 – Gentle Yoga	<b>9</b> 9:15 – Senior Strength 9:30 – <b>Hair Cuts</b> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 – Line Dancing	<b>10</b> 9:00 – Wii Bowling 9:00 – Mah-Jong <b>11:00 – Aging in Place</b> <b>11:30 - Retirement Pot Luck / Marty &amp; Geri</b> 12:30 – Bingo
	<b>13</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00- Fitness Room Instr. 11:45 – Tai - Chi <b>12:00 – Cards with Deb</b> 12:00 – Euchre 1:00 – Advanced Fitness	<b>14</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	15 9:00 AM – Will Bowling 9:30 – Tai-Chi- 10:30 – Sign Language 11:00 – Zumba Gold 12:00 – Nutrition Education 12:30 – Bingo 12:30 – Gentle Yoga	<b>16– 9:15</b> Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction <b>12:00 – Cholesterol &amp; Health Clinic</b> 12:00 – Line Dancing .	<b>17 -Cincinnati Assoc. Blind</b>  9:00 – Mah-Jong 9:00 – Wii Bowling 12:30 – Bingo
	<b>20 Commodities</b>  9:00 – Yoga Stretch 9:00 – Mah-Jong 12:00 – Euchre 1:00 – Advanced Fit <b>Welcome Summer!!!</b>	<b>21</b> 9:15 – Senior Strength 10:00 – Fitness Room Instr. 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>22 – 9:30</b> Tai-Chi <b>10:00 - Massage</b> 10:30 – Sign Language 11:00 – Zumba Gold 11:00 – Mexican Train Dominos 12:30 – Bingo 12:30 – Gentle Yoga -	<b>23</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 – Line Dancing	<b>24</b> <b>8 –Day Trip-Toyota &amp; Lunch</b> 9:00 – Wii Bowling 9:00 – Mah-Jong <b>11:00 – Aging in Place.</b> 12:30 – Bingo 1:00 – Home Instead Trivia
	<b>27</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00 – Fitness Room Instruction 12:00 – Euchre 1:00 – Advanced Fit	<b>28</b> <b>8- Day Trip- Toyota &amp; Lunch</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>29 –</b> 9:00 AM – Wii Bowling 9:30 – Tai-Chi 10:30 – Sign Language 11:00 – Zumba Gold 12:30 – Bingo 12:30 – Gentle Yoga	<b>30.</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 – Line Dancing	<b><u>Monthly Events</u></b> <b>13<sup>th</sup> Cards with Deb</b> <b>8<sup>th</sup> Manicure</b> <b>8<sup>th</sup> &amp; 22<sup>nd</sup> Massage</b> <b>9<sup>th</sup> Hair Cuts</b> <b>16<sup>th</sup> Cholesterol &amp; Health Clinic</b> <b>15<sup>th</sup> Nutrition Education</b>

